

CITYWIDE AQUATICS

Water Fitness

This is a high-energy exercise class, which promotes cardio endurance and muscle strengthening with the use of interval training, flotation equipment and resistance training. *No Class:* 1/19, 2/16

Water Exercise

This class is a basic water exercise program developed to promote overall fitness, muscle conditioning, and body stretching. This class will use walking exercises, the natural resistance of the aquatic environment and flotation equipment. *No Class:* 1/19, 2/16

Lifeguard Training

Includes First Aid, CPR for the Professional Rescuer, and Automated External Defribulator. This class is designed to prepare individuals to recognize aquatic emergencies, act promptly and appropriately, perform rescues and techniques used by lifeguards, and perform First Aid and CPR with an AED. Prerequisites: 15 years old, swim 300 yards continuously, and swim 20 yards, retrieve 10 pound object from 7-10 ft. of water, and return the object to the original start point in 1 minute 45 seconds. Full attendance is mandatory for certification. Fee includes class materials. Bring ID, swimsuit and towel to class.

CAMDEN POOL

403.3.1200 Water Fitr					te Time	Instructor	Mtgs	Res/NonRes
403.3.1200 Water Fitt	ess 18+	T/Th	1/6	3/12	6:00-6:45pm	Marlene Suits	20	\$78/88
403.3.1201 Water Fitr	ess 18+	M/W/F	1/5	3/13	8:30-9:15am	Marlene Suits	28	\$106/116
403.3.1202 Water Exe	cise 18+	M/W/F	1/5	3/13	9:30-10:15am	Marlene Suits	28	\$106/116
FAIR SWIM								

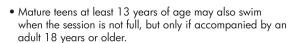
Class No.	Class Title	Age	Day(s)	Start Dat	e End Dat	te Time	Instructor	Mtgs	Res/NonRes
402.3.1200	Lifeguard Training	15+	M/W/F	2/2	2/14	5-9pm/Sa 9am-5pm	Staff	6	\$170/180
402.3.1201	Lifeguard Training	16+	T/Th/Sa	3/3	3/14	5-9pm/Sa 9am-5pm	Staff	6	\$170/180

Camden Pool Lap Swim

Monday-Friday: 6:30-8:30am, 11:30am-1:30pm, 5:30-7:30pm

Saturday: 9:00-11:00am

One time drop-in: Adults - \$3.50 • Senior/Youth/Disabled - \$2.25 10 visit pass: Adults - \$27.50 • Senior/Youth/Disabled - \$18.00



- No children allowed at poolside while adults use the facility.
- At selected times fewer than eight lanes may be available.
- Center is not responsible for lost or misplaced passes.
- No food, drinks or smoking allowed on the pool deck.
- Kickboards, hand paddles, etc., are available for use.
- We reserve the right to refuse entry.

OPEN TO ADULTS ONLY

ANTONIO CONTRACTOR